

	Per 100 mL	Per 100 Cal	Per 100 g
<b>ENERGY</b>			
Kilojoules	285	420	2200
Calories	68	100	526
PROTEIN (g)	1.4	2.1	10.9
% of total energy		8%	
Source	Nonfat milk & whey protein concentrate		
FAT (g)	3.7	5.4	28.9
Linoleic acid (g)	0.55	0.809	4.3
Linolenic acid (g)	0.058	0.085	0.45
Arachidonic acid (g)	0.014	0.021	0.11
Docosahexaenoic acid (g)	0.005	0.007	0.04
% of total energy		49%	
Source	42% High oleic safflower/sunflower, 30% coconut & 28% soy oils (0.15% DHA & 0.4% ARA)		
CARBOHYDRATE (g)	7.1	10.4	55.5
% of total energy		43%	
Source	100% Lactose		

<b>VITAMINS</b>			
Vitamin A (RE/IU)	61/203	90/299	473.1/1577
Vitamin D <sub>3</sub> (mcg/IU)	1/40	1.5/59	7.87/315
Vitamin E (IU)	1.9	2.8	15
Vitamin K <sub>1</sub> (mg)	0.0054	0.008	0.042
Vitamin C (mg)	6	9	47
Thiamine (Vit B <sub>1</sub> ) (mg)	0.068	0.1	0.53
Riboflavin (Vit B <sub>2</sub> ) (mg)	0.1	0.147	0.79
Niacin (mg)	0.71	1.04	5.5
Vitamin B <sub>6</sub> (mg)	0.04	0.06	0.32
Vitamin B <sub>12</sub> (mg)	0.00017	0.00025	0.0013
Folic acid (mg)	0.01	0.015	0.079
Pantothenic acid (mg)	0.304	0.447	2.37
Biotin (mg)	0.003	0.004	0.023
Choline (mg)	11	16	84
Inositol (mg)	3.18	4.7	25
Nucleotides (mg)	7.2	10.6	56

<b>MINERALS</b>			
Calcium (mg)	80	118	622
Phosphorus (mg)	43	63	334
Magnesium (mg)	4	6	32
Iron (mg)	1.2	1.76	9.3
Zinc (mg)	0.51	0.75	4
Copper (mg)	0.061	0.09	0.47
Iodine (mg)	0.004	0.006	0.032
Manganese (mg)	0.0064	0.0094	0.05
Selenium (mg)	0.00154	0.00226	0.012
Sodium (mg)	16	24	126
Sodium (mmol)	0.7	1	5.48
Potassium (mg)	71	104	552
Potassium (mmol)	1.8	2.7	14.15
Chloride (mg)	44	65	342
Chloride (mmol)	1.2	1.8	9.77

<b>OSMOTIC CHARACTERISTICS</b>	
Renal solute load (mOsm/L)	94
Osmolality (mOsm/kg water)	300
Osmolarity (mOsm/L)	270
% of water	90%

<b>FATTY ACIDS</b>			
Polyunsaturated (g)	0.8	1.2	6.25
Monounsaturated (g)	1.55	2.3	12.07
Saturated (g)	1.28	1.9	10
Cholesterol (mg)	7.6	11.2	5.9

<b>AMINO ACIDS (mg)</b>			
Histidine	38	56	290
Isoleucine	82	121	640
Leucine	138	203	1071
Lysine	112	165	870
Tryptophan	8	12	60
Phenylalanine	60	88	470
Threonine	74	109	580
Valine	82	121	640
Methionine	42	62	330
Cystine	16	24	120
Taurine	3.7	5	29

**INGREDIENTS**

**Concentrated Liquid:** (U-D) Water, lactose, evaporated or dry skim milk, high oleic safflower oil, soy oil, coconut oil, whey protein concentrate, calcium phosphate, potassium citrate, calcium carbonate, monoglycerides, soy lecithin, \**M. alpina* oil, potassium chloride, ascorbic acid, choline bitartrate, \*\**C. cohnii* oil, carrageenan, magnesium chloride, taurine, ferrous sulphate, cytidine 5'-monophosphate, *d*- $\alpha$ -tocopheryl acetate, disodium guanosine 5'-monophosphate, disodium uridine 5'-monophosphate, adenosine 5'-monophosphate, niacinamide, zinc sulphate, *d*-calcium pantothenate, vitamin A palmitate, thiamine chloride hydrochloride, cupric sulphate, riboflavin, pyridoxine hydrochloride,  $\beta$ -carotene, folic acid, phyloquinone, biotin, manganese sulphate, sodium selenate, vitamin D<sub>3</sub>, cyanocobalamin. Contains citric acid. May contain sodium chloride, potassium phosphate and potassium hydroxide.

**Powder:** (U-D) Nonfat milk, lactose, high oleic sunflower oil, coconut oil, soy oil, whey protein concentrate, tricalcium phosphate, potassium citrate, \**M. alpina* oil, calcium carbonate, potassium chloride, choline bitartrate, \*\**C. cohnii* oil, ascorbic acid, ferrous sulphate, taurine, ascorbyl palmitate, magnesium chloride, *m*-inositol, cytidine 5'-monophosphate, disodium guanosine 5'-monophosphate, disodium uridine 5'-monophosphate, *d*- $\alpha$ -tocopheryl acetate, mixed tocopherols, zinc sulphate, adenosine 5'-monophosphate, niacinamide, *d*-calcium pantothenate, cupric sulphate, vitamin A palmitate, thiamine hydrochloride, riboflavin, pyridoxine hydrochloride,  $\beta$ -carotene, folic acid, manganese sulphate, phyloquinone, biotin, sodium selenite, vitamin D<sub>3</sub>, cyanocobalamin. May contain sodium chloride.

\* Source of arachidonic acid (ARA).  
 \*\* Source of docosahexaenoic acid (DHA).

Values listed are subject to change. Please refer to the product label or packaging for the most current ingredient, allergen and nutrient profile information.

**SIMILAC® GO & GROW**  
**WITH OMEGA-3 AND OMEGA-6**  
 INFANT AND TODDLER FORMULA WITH IRON

